ELECTRIC WOK

GB
IE
CY

ELECTRIC WOK
Operating instructions

KOMPERNASS GMBH · BURGSTRASSE 21 · D-44867 BOCHUM
www.kompernass.com
ID-Nr.: KH1099-04/08-V2

KH 1099

CONTENT PAGE

Intended usage 2

Safety instructions 2

Function 3

Technical data 3

Items supplied 4

Description 4

Placement 4

Before the first use 4

Mounting the lid handle 4

Commissioning 5

Heat levels....5

Using the Wok for keeping food warm 5

Cleaning and care 6

Storage 6

Troubleshooting 6

Disposal 7

Warranty & Service 7

Importer 7

Recipes 8

Chicken with coconut milk 8

Tagliatelle with vegetables 8

Coloured Thai rice....9

Fillet of beef with cauliflower 9

Banana pancakes 10

Recipe tips 11

Read these operating instructions carefully before using the appliance for the first time and preserve this maual for later reference. Pass this manual on to whoever might acquire the appliance at a future date.

ELECTRIC WOK KH 1099

Intended usage

The Electrical Wok KH 1099 is intended exclusively ...

- for use as a cooking implement
- for use in enclosed spaces
- for non-commercial use in domestic households

ⓘ *Note:*

All warranties and liabilities are null and void in the case of defects with the Electrical Wok and its components that may have been caused through improper use of the appliance!

Safety instructions

⚠ *To avoid potentially fatal electric shocks:*

- The electricity mains voltage being used must comply with the details given on the identification plate of the appliance.
- Never submerse the thermo-plinth in water. Only wipe it with a damp cloth. Should fluids penetrate into the thermo-plinth, there is the risk of receiving an electric shock!
- Arrange for defective power plugs and/or cables to be replaced at once by qualified technicians or our Customer Service Department.
- Arrange for damaged or malfunctioning appliances to be inspected and/or repaired by a qualified specialist or the Customer Service Department as soon as possible.

⚠ *To avoid the risks of fire and burn injuries:*

- Never leave the appliance unattended whilst in use.
- This appliance is not intended for use by individuals (including children) with restricted physical, physiological or intellectual abilities or deficiences in experience and/or knowledge unless they are supervised by a person responsible for their safety or receive from this person instruction in how the appliance is to be used. Children should be supervised to ensure that they do not play with the appliance.
- Select a safe and stable location to place the appliance.
- Ensure that the power plug is at all times easily accessible, and that there is no risk of anyone tripping over the cable.
- Never use the appliance:
  - if individual components, the power plug or the power cable are damaged,
  - if it appears to be malfunctioning, or if it has otherwise been damaged or dropped. Arrange for the appliance to be checked and/ or repaired at the Service Centre.
- Do not use an external timing switch or a separate remote control system to operate the appliance.
- Plastic bags can be deadly. To avoid the risk of fatalities through suffocation, keep plastic bags out of the reach of children.
- Never put other kitchen implements (e.g. cooking pans) onto the thermo-plinth in place of the Wok. Other cooking pans could tip during use, as the thermo-plinth is designed for acceptance of the supplied cooking implement only.

Always keep safety in mind:

- Immediately remove the electrical plug from the socket in risk situations.
- Never use the appliance for purposes other than those for which it was intended.

- ALWAYS remove the power cable from the power socket and the appliance when the Wok is not in use, when removing components and before cleaning it.

⚠ *To avoid the risk of property damage:*

- Do not use the Wok as a cooking implement on other heat sources (e.g. on hotplates), it could be irreparably damaged.
- Use only wooden implements for stirring and turning foods in the Wok; if you use metal implements the anti-stick coating on the Wok will be scratched and become unusable.
- Do not use the Wok for cutting or slicing ingredients that might be in it. If you do, the anti-stick coating on the Wok will be scratched and become unusable.

⚠ *Risk of Burns!*

- During use and when serving, grasp the Electrical Wok and the glass lid with the handles only, as both parts can become very hot. For the sake of safety, always use an oven cloth as well.
- Hot steam can escape when lifting the lid! Never lean closely over the Wok when lifting the lid!
- Do not use the Wok to cook soup! The Wok is too flat for this, the soup could very quickly boil over!

⚠ *Important!*

- When cooking, never pour water into heated fat or oil in the Wok! This would cause a darting flame and possibly start a fire! Additionally, people close to the Electrical Wok may be seriously burned!
- Overheated fats and oils can quickly start to burn! Under no circumstances should you try to extinguish burning fats or oils with water!

This would cause a dartflame which could also ignite furniture and curtains etc! Additionally, people close to the Electrical Wok may be seriously burned!

To extinguish burning fats and oils...

1. Immediately remove the power plug from the wall socket.
2. Smother the flames by placing a lid, a dish, a bowl or a fire blanket over the Wok.

Function

With the Wok ...

- you can prepare foods in the traditional Chinese style with high heat
- vitamins and nutrients are retained in the food due to short cooking times and high heat
- the foods can be prepared without fat or with very little of it

Technical data

Mains voltage:	220-240V ~ 50Hz
Output level:	1.200 Watt

Items supplied

- Wok with heat insulated handles
- Thermo-plinth with temperature controller
- Glass lid
- Heat-insulated lid handle with mounting materials
- removable drip grill
- 2 wooden spatulas, 1 wooden spoon, a pair of chopsticks
- Operating manual

Description

❶ Lid handle
❷ Glass lid
❸ Wok
❹ Heat insulated handles
❺ Power cable
❻ Heating coil
❼ Thermo-plinth
❽ Temperature regulator
❾ Control lamp

Accessory:
❿ Drip grill
⓫ 2 wooden Spatulas
⓬ Wooden spoon
⓭ Chopsticks

Placement

Place the switched-on Wok exclusively on level, firm and heat-resistant surfaces in a dry environment.

⚠ ***Important!***

To avoid the risks of heat damage and fire in the area adjacent to the switched on Wok, always ensure that ...

- the switched-on Wok is at all times located at a minimum distance of 50 cm from walls, furniture and other objects.
- no objects are suspended above the switched-on Wok (e.g. lamps).
- there are no easily inflammable objects close to the switched-on Wok (e.g. materials/textiles).
- the power cable ❺ and the thermo-plinth ❼ are not located close to hot surfaces or open flames.
- the power cable ❺ does not, and cannot, make contact with the thermo-sockel ❼.
- no moisture and/or fluids can permeate into the thermo-sockel ❼.

⚠ ***Non-compliance heightens the risk of fire or of receiving an electrical shock!***

Before the first use

Remove all components of the Electrical Wok from the packaging. Remove all remaining protective foils and clean the packaging/dust residues from all components that will come into contact with foodstuffs.

Do not use any abrasive cleaners or scouring pads, these will destroy the non-stick surfaces of the Wok ❸ and impair their effectiveness!

Mounting the lid handle

1. Place the lid handle ❶ onto the broad insulating wafer so that the rectangular retainer protudes into the lid handle ❶.
2. From above, lay the broad insulating wafer with the lid handle ❶ on the glass lid ❷, so that the holes lie one above the other.
3. Firstly, place the metallic washers over the screws. Then place the rubber washers onto the screws so that the broad sides lie flat against the metallic washers.
4. From below, insert the screws with both washers through the holes and then screw them tight with a cross-head screwdriver.

Commissioning

On the first usage, the generation of light smoke and a slight smell can occur, this is due to production residues. This is completely normal and is not dangerous. Provide for sufficient ventilation, for example, open a window.

Heat levels

The various heat levels of the temperature regulator ❽ are guideline values:
Heating levels 1-2: For keeping foods warm.
Heating levels 3-4: For braising and boiling.
Heating level 5: For roasting.

⚠ Important!

NEVER operate the thermo-plinth ❼ without the Wok ❸ in position. There is a real risk of overheating.

1. Insert the power cable ❺ into the thermo-plinth ❼.
2. Insert the power cable ❺ into a wall power socket.
3. Now place the Wok ❸ onto the thermo plinth ❼.
4. Adjust the temperature regulator ❽ to the desired heating level. The control lamp ❾ glows.

Ensure that the Wok ❸ stands safely and level on the thermo-plinth ❼.

⚠ Important!

Do not overfill the Wok ❸! The maximum volume (fluids) amounts to 1.5 l.

⚠ Important!

NEVER lay aluminium foil or other materials between the thermo-plinth ❼ and the Wok ❸, if you do, irreparable damage may be caused to the Electrical Wok. Additionally, there would be an increased risk of a fire!

5. Then place the desired ingredients into the Wok ❸. If necessary, add some oil or fat into the Wok ❸.
6. Attach the drip grill ❿ into the Wok ❸, which is used to collect items that are quickly cooked in the Wok ❸, whilst other items, those requiring a somewhat longer cooking time, remain in the Wok ❸.
7. For steaming and boiling – depending on the recipe being used – place the glass lid ❷ onto the Wok ❸.

Using the Wok for keeping food warm

If you wish to use the Wok ❸ for serving and keeping food warm ...

1. Firstly, turn the temperature regulator ❽ down to heating level 1.
2. Remove the Wok ❸ from the thermo-plinth ❼ and place it on a non-heated surface (e.g. a switched-off, completely cooled down hotplate).
3. Remove the power cable ❺ first from the wall socket and then from the thermo-plinth ❼.
4. Place the thermo-plinth ❼ at the desired location. Ensure that the surface at the location is level, firm and heat-resistant.
5. Insert the power cable ❺ first back into the thermo-plinth ❼ and then into a wall socket.
6. Place the Wok ❸ with the food to be kept warm onto the thermo-plinth ❼.

7. Turn the temperature regulator ❽ back to heating level 1 to keep liquid foods warm. Turn the temperature regulator ❽ to heating level 2 for keeping solid foods warm. Occasionally stir solid foods while they are being kept warm and mix a small amount of water into them to avoid a possible spoiling or burning of the food.

Cleaning and care

⚠ ***Important!***

First of all, ALWAYS remove the power cable ❺ from the wall socket before cleaning the Electrical Wok and its components! Otherwise, there is the great risk of receiving an electric shock!

⚠ ***Important!***

NEVER submerge the thermo-plinth ❼ in water to clean it! The appliance could become irreparably damaged!

After using the Electrical Wok always wait until the thermo-plinth ❼ and the Wok ❸ have cooled down completely!

⚠ ***The risk of burns is ever present!***

When you have removed the power cable ❺ of the Electrical Wok from the wall socket, and the Wok ❸ and the thermo-plinth ❼ have cooled down ...

1. Using the wooden spoon ⓬, remove the largest pieces of food remnants from the Wok ❸.
2. Wash the Wok ❸ thoroughly in warm water with a mild washing-up detergent. Do not use any abrasive cleaners or scouring pads, these will destroy the non-stick surfaces of the Wok ❸ and impair their effectiveness!
3. Clean the housing of the themo-plinth ❼ with a moist sponge.

Storage

- Remove the power cable ❺ from both the wall socket and the thermo-plinth ❼ when the appliance is not being used.
- Allow the Wok and its components to cool down completely before storing them away.
- For the sake of safety, ALWAYS store the Electrical Wok out of the reach of children.

Troubleshooting

Should the Electrical Wok not function or not function correctly ...

1. Check to ensure that the power cable ❺ is correctly connected to the thermo-plinth ❼.
2. Check to ensure that the power cable ❺ is correctly connected to the wall socket.
3. Check to ensure that the wall power socket to which the Electrical Wok is connected is "live", do this by connecting another appliance to it.

If the malfunction cannot be traced back to one of these causes ...

4. Remove the power cable from the wall socket and allow the thermo-plinth ❼ to cool down completely.
5. Re-insert the power cable ❺ into a wall power socket.

Should the malfunction not be corrected by the measures described above, please make contact with one of our service-partners in your locality.

Disposal

Do not dispose of the appliance in your normal domestic waste. This product is subject to the European directive 2002/96/EG.

Dispose of the appliance through an approved disposal centre or at your community waste facility. Observe the currently applicable regulations.
In case of doubt, please contact your waste disposal centre.

Dispose of all packaging materials in an environmentally friendly manner.

Warranty & Service

The warranty for this appliance is for 3 years from the date of purchase. The appliance has been manu-factured with care and meticulously examined before delivery. Please retain your receipt as proof of purchase. In the case of a warranty claim, please make contact by telephone with our service department. Only in this way can a post-free despatch for your goods be assured.
The warranty covers only claims for material and maufacturing defects, not for wearing parts or for damage to fragile components. This product is for private use only and is not intended for commercial use.
The warranty is void in the case of abusive and improper handling, use of force and internal tampering not carried out by our authorized service branch. Your statutory rights are not restricted in any way by this warranty.

(GB) DES Ltd
Units 14-15
Bilston Industrial Estate
Oxford Street
Bilston
WV14 7EG
Tel.: 0870/787-6177
Fax: 0870/787-6168
e-mail: support.uk@kompernass.com

(IE) Irish Connection
Harbour view
Howth
Co. Dublin
Tel: 00353 (0) 87 99 62 077
Fax: 00353 18398056
e-mail: support.ie@kompernass.com

Importer

KOMPERNASS GMBH
BURGSTRASSE 21
44867 BOCHUM, GERMANY

www.kompernass.com

Recipes

Chicken with coconut milk

For 4 people

400 g Orecchiettes
Salt
1 green Chili pepper
1 stick Leek
1 piece Ginger (approx. walnut sized)
200 g Chicken breast
Pepper
100 g Maize (tinned)
1 bunch Chives
4 tsp Groundnut or canola oil
100 ml unsweetened Coconut milk (tinned)
100 ml Stock

Preparation time: 30 min.
Per Portion approx.: 470 kcal

1. Cook the orecchiettes as per the packaging instructions in salt water until al dente. Cut the chili pepper into fine stripes without the seeds. Clean the leek, slice it lengthways, wash it and slice it into strips. Peel the ginger and cut it into small pieces. Cut the chicken breast into 1 1/2 cm wide strips, spice them with salt and pepper. Drain the maize. Wash the chives and cut into fine rolls.
2. First heat the wok, then the oil. Fry the chicken for approx. 4 mins until gold-brown. Place the chives in the middle of the Wok and steam for approx. 2 mins until glassy. Add the chili, ginger and maize, then cook for approx. 2 mins, stirring constantly.
   Mix everything together.
3. Pour in the stock and coconut milk, cook for approx. 3 mins whilst covered. Allow the orecchiettes to become hot in the mix, add salt and pepper. Serve sprinkled with the chive mini-rolls.

Tagliatelle with vegetables

For 4 people

200 g Rice tagliatelle
Salt
150 g green Beans
1 red Paprika seed
1 red Onion
1 Garlic clove
1 piece Ginger (approx. walnut sized)
4 tsp. olive oil
300 g Broccoli sprigs
100 ml Stock
5 tbsp dark Soya sauce
2 tbsp chopped Cashew nuts

Preparation time: 25 min.
Per Portion approx.: 400 kcal

1. Cook the noodles as per the packaging instructions in salt water until al dente.
2. Wash and clean the vegetables. Slice the beans and paprika until small. Peel the onion and slice into strips. Peel the garlic and ginger and slice until small.
3. First heat the wok, then the oil. Stir-fry the paprika in it for 1 min. One after the other, saute the beans, broccoli and onion.
4. Blend in the garlic and ginger. Allow it to cook for 1 min. with stock and soya sauce. Turn the noodles in it. Garnish with nuts.

Coloured Thai rice

For 4 people

2 Spring onions
1 Carrot
1 red Paprika seed
1 Pineapple
30 g Cashew nuts
2 tbsp Peanut oil
1/4 l Vegetable broth
Salt
Pepper
1 pinch Sugar
600 g cooked Rice
1 tbsp fresh chopped Mint or green Coriander

Preparation time: 30 min.
Per Portion approx.: 320 kcal

1. Clean and wash the vegetables. Of the onions, cut the white one into strips, the green one into pieces. Slice the carrot into matchstick thin pieces. Slice the paprika into thin strips. Peel the pineapple and, without the stem, cut it into 1 1/2 cm thick pieces.
2. Heat up the Wok, then roast the nuts in it, without fat, until golden-brown.
3. First heat the wok, then the oil. Fry the white onion in it until glassy. Roast the carrot and paprika in the middle of the Wok for approx. 4 min. stirring constantly, until cooked. Boil it up with the stock and then spice it with salt, pepper and sugar. Blend the rice in easily and allow it to become hot. Mix in the green onion.
4. Place the pineaple pieces back together as slices. Spread the rice over them and garnish with herbs and cashew nuts.

Fillet of beef with cauliflower

For 4 people

400 g Fillet of Beef
3 tbsp Tandoori spice (health-food shop, Asian shop)
1 small Cauliflower
2 Tomates on the vine
1 Zucchini
1 small red Onion
2 Spring onions
4 tsp Sunflower oil
100 ml Stock
150 ml unsweetened Coconut milk (tinned)
Salt
Pepper

Preparation time: 30 min
Per Portion approx.: 190 kcal

1. Slice the fillet into cubes of approx. 1 x 2 cm and spice with Tandoori. Split the cauliflower into sprigs, cut the stalks into slices. Dice the tomatoes. Cut the zucchini into thin slices approx. 2 cm long.
   Peel the onion and slice into strips. Half the white of the spring onions lengthways, slice the green into pieces.
2. First heat the wok, then add 2 tbsp. of oil. Fry the meat in there for 2 min. and keep it warm. Re-heat the Wok, fry the onion in the remaining oil until glassy. Fry the cauliflower with it for 3 min. Boil it up with the stock and coconut milk, let it cook for approx. 5 mins. Add salt and pepper. Mix in the white of the spring onion, zucchini and tomato. Cook for 3 min. Mix in the meat and green onion, then check for taste.

Banana pancakes

For 4 people

1 pinch salt
1 pinch Cinnamon powder
150 g plain flour
250 ml unsweetened Coconut milk (tinned)
2 tbsp. honey
2 Bananas
2 eggs
4 tbsp Peanut oil
Juice of 1/2 Lemon

Preparation time: 40 min.
Standing time: 30 min.-1 hr.
Per Portion approx.: 250 kcal

1. For the pancakes, mix the salt, cinnamon, flour, coconut milk and honey to a pastry with an immersion blender and then let it stand for 30 min -1 hr.
2. Peel the bananas. Slice 1 banana into very small pieces and, with the eggs, mix it into the pastry. Should the pastry be too thick, blend in some mineral water. Cut the second banana into slices and mix it into the pastry.
3. Preheat the oven to 70°. First heat the wok, then smear it with oil. One after the other, and with a medium heat setting, fry 8 pancakes on both sides until golden brown. Keep the pancakes warm in the oven. Re-coat the wok with the oil for each pancake. Sprinkle the pancakes with lemon juice and then serve.

Side dish: Fruit salad

Recipe tips

Items to be cooked keep sticking to the wok	The oil is smoking	The vegetables are too soft and overcooked
◗ Heat up the wok, at the same time use three tablespoons of salt and the spatula to loosen all impurities. Then wipe the wok out with a towel. From then on clean it only with hot water, do not use any more cleaners. Start again with somewhat more heat.	◗ Smoking oil is not beneficial to health: Pour the oil into a heat resistant container to cool down and then dispose of it. Cool the overheated wok with warm water, pour the water off then wipe the wok out. Start again with fresh oil.	◗ Dice some fresh vegetables and blend them in still raw.
The vegetables are still raw	**The cooked dish is too spicy**	**The cooked dish tastes too insipid**
◗ Re-cook the vegetables, ideally in small portions and with constant stirring, until they are al dente.	◗ Blend in small cubes of pine-apple, mango or tomato and attenuate with coconut milk or use smoothly stirred low-fat yoghurt. Do not re-heat the cooked dish.	◗ Add in soya sauce, scraped ginger, pressed garlic, chop-ped herbs and sesame oil or another seasoning oil.
The cooked dish is too dry	**Too much sauce has been created**	**There is too little sauce**
◗ Add coconut milk, stock or soya sauce until sufficient sauce is created.	◗ Lift the firm ingredients from the wok, allow the sauce to boil down quickly and under high heat, mix the ingredients back in and make another taste check.	◗ Mix in 100- 200 g soyabean shoots or boil up a small-cubed potato and carrot, as well as 100 g frozen peas, then blend them in. Make a taste check.